



24 NOVEMBER 2022

# AN EU SCHOOL SCHEME FIT FOR THE FUTURE



## *Example of implementation in Spain: A Mediterranean Diet approach*

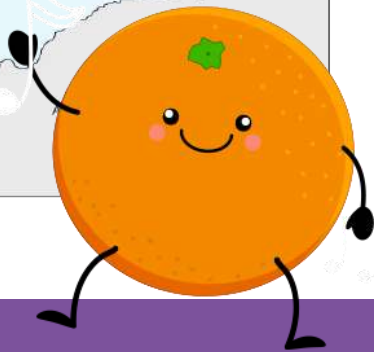
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INDUSTRY, MINISTRY OF AGRICULTURE,  
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# AN EU SCHOOL SCHEME FIT FOR THE FUTURE

## SPANISH INSTITUTIONAL ORGANISATION

- General State Administration (central)
- 17 Autonomous Communities (regional)
- Local Administration



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## COLLABORATION OF ALL ENTITIES INVOLVED

### *General State Administration*

- Ministry of Agriculture, Fisheries and Food (MAPA) + Payment Agency (FEGA OA)
- Ministry of Education and Vocational Training (MEFP)
- Spanish Food Safety and Nutrition Agency (AESAN)

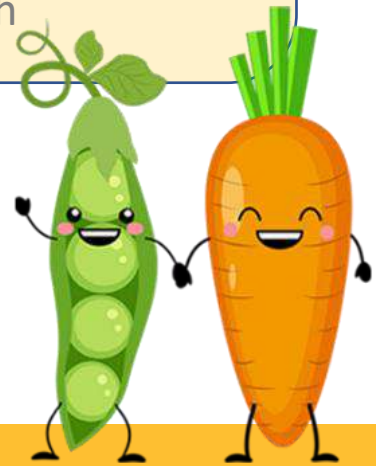


### *Autonomous Communities Administration (CCAA)*

- Departments of Agriculture
- Departments of Education
- Departments of Health

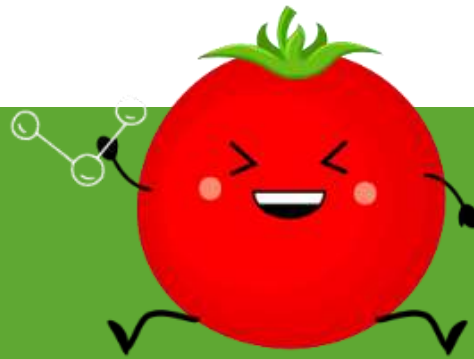
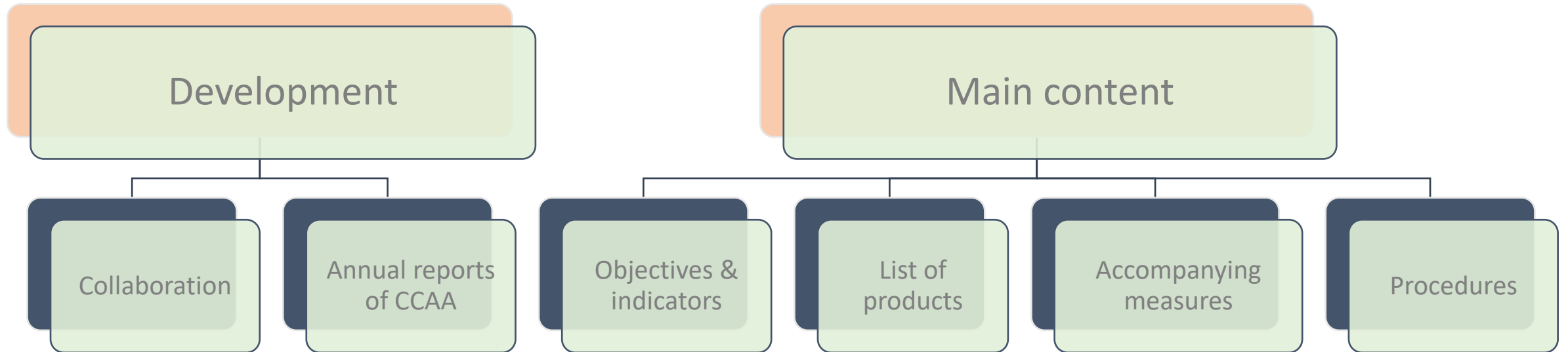
### *Private entities*

- Fruit and vegetables businesses
- Milk and dairy businesses
- Advertising, evaluation and monitoring businesses



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*SPANISH STRATEGY FOR THE IMPLEMENTATION OF THE SCHOOL FRUIT, VEGETABLES AND MILK SCHEME FROM SCHOOL YEAR 2017/18 TO 2022/23*





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## IMPLEMENTATION OF THE SCHEME

Funds allocation

School centres participation request

Product supply procedure

Accompanying educational measures

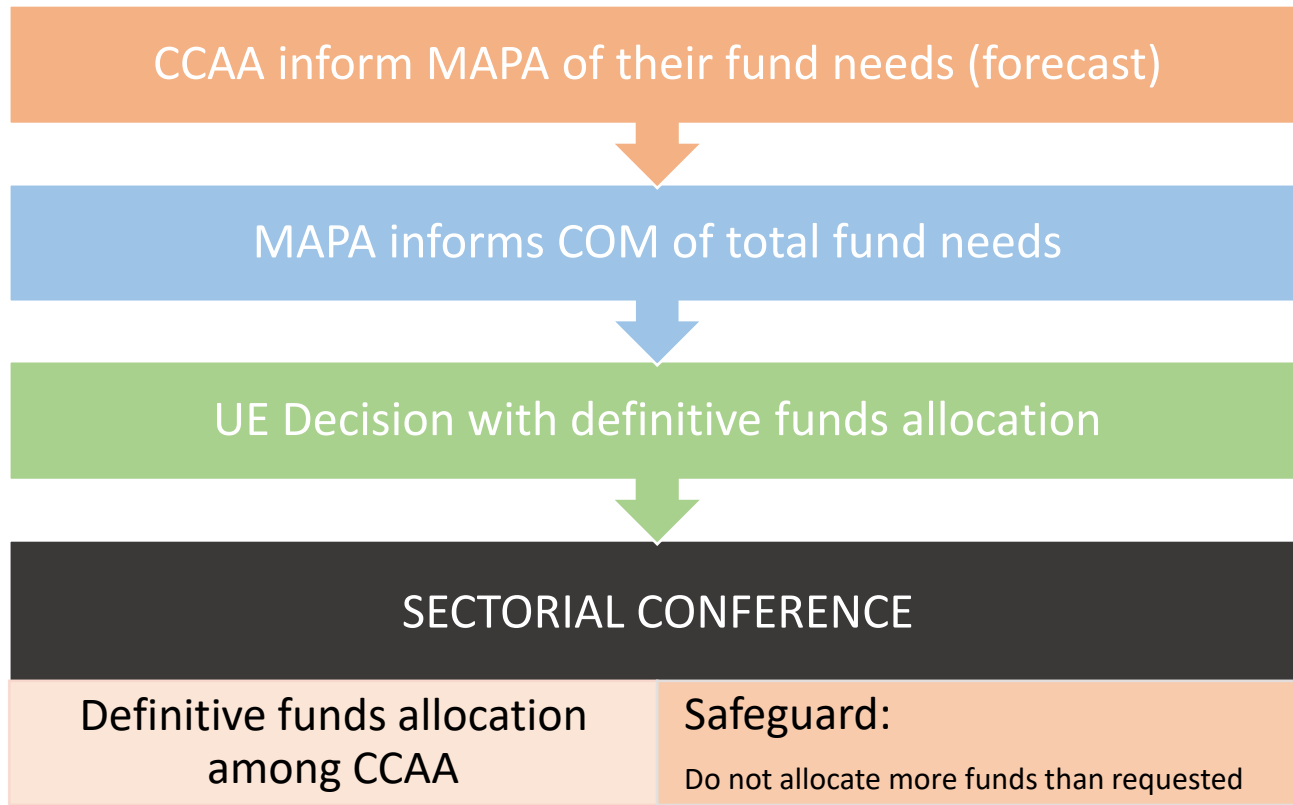
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## FUNDS ALLOCATION

*Current basis: No. of children between 6 and 10 yo.*



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## PARTICIPATION PROCEDURE

School centres request participation in the scheme

CCAA distributes among all participant centres (there is usually no selection)

Adjustment budget by:

Product type

Distribution frequency

Portion sizes

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## PRODUCT SUPPLY PROCEDURES

### Autonomous communities

- Public procurement

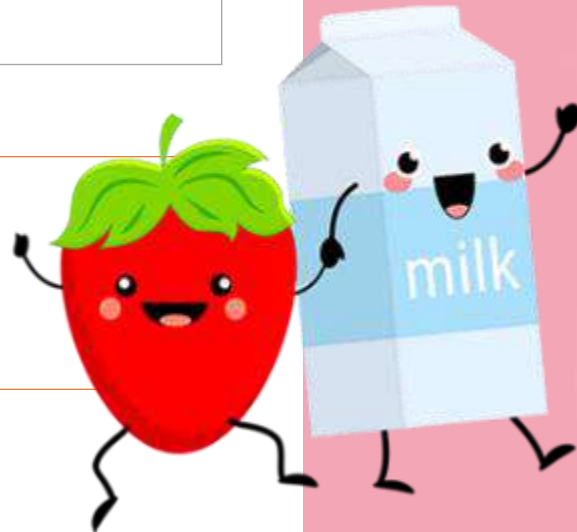
### School centres

- CCAA develop regulatory bases for the call for aid
- Nowadays, only developed in 1 autonomous community +

### Controls

- CCAA in their own territory
- National Control Plan by **FEGA**

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## ACCOMPANYING EDUCATIONAL MEASURES:

- **Science based:** use of infant psychology to change habits
- **Product tasting:** around 15 times recommended
- **Role modelling**
- **Prizes and rewards:** Physical and social
- **Implication:** parents and centres (staff)

Developed by MAPA and expert group

Developed by the CCAA



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## COMMON GROUND: MEDITERRANEAN DIET

*“The Mediterranean Diet – derived from the Greek word *díaita*, way of life – is the set of skills, **knowledge, rituals, symbols and traditions**, ranging from the landscape to the table, which in the Mediterranean basin concerns the crops, **harvesting, picking, fishing, animal husbandry, conservation, processing, cooking, and particularly sharing and consuming the cuisine.**”*

NOMINATION FILE NO. 00884 FOR  
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CYPRUS, CROATIA, SPAIN, GREECE, ITALY, MOROCCO and PORTUGAL



*“It relates to the communities of the **Mediterranean basin** that found their identity and continuity in great part on the collective and ancestral experience of the Mediterranean Diet – the result of constant **sharing, know-how, traditions and symbols** transmitted from generation to generation, of cultural and social sharing and of a rich palette of regional tones.”*

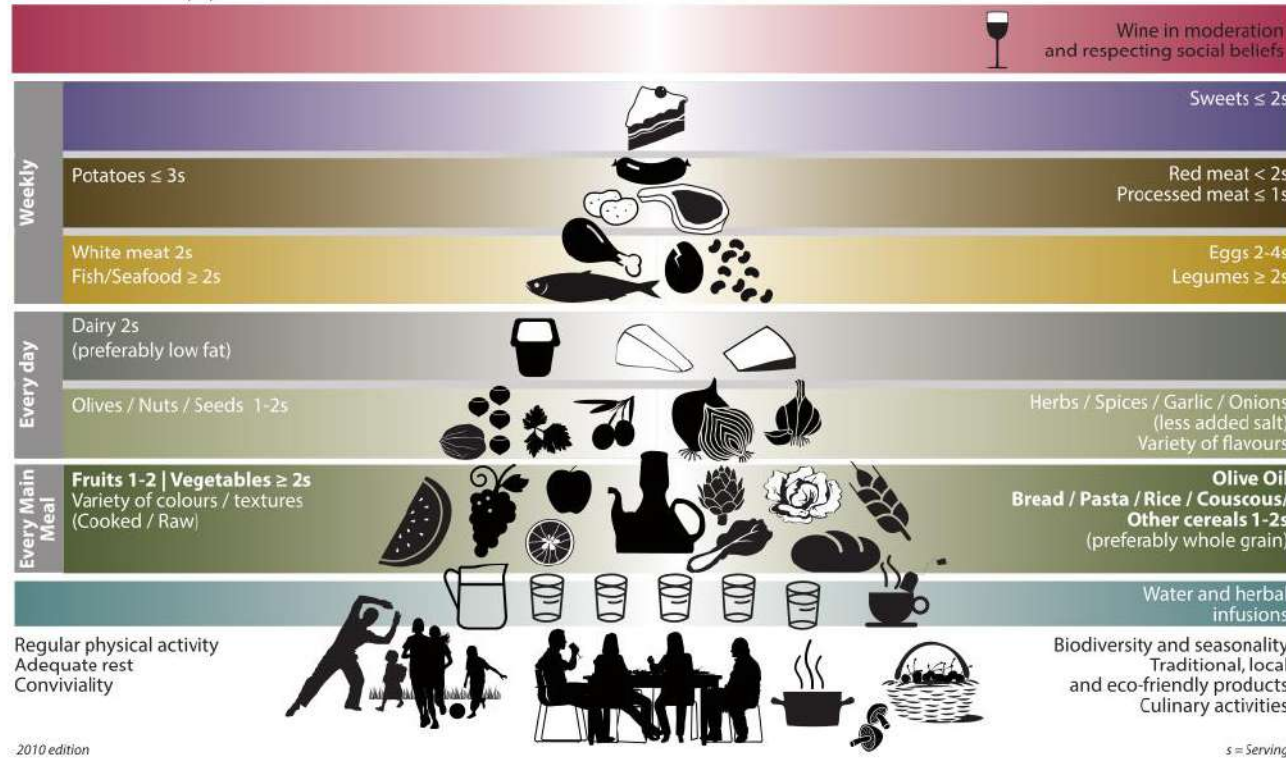
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**Mediterranean Diet Pyramid: a lifestyle for today**  
Guidelines for Adult population

Serving size based on frugality and local habits



© 2010 Fundación Dieta Mediterránea  
The use and promotion of this pyramid is recommended without any restriction

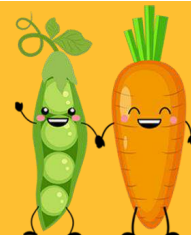
## 10 BASIC PRINCIPLES

- 1 - Use **olive oil** as your main source of added fat.
- 2 - Eat plenty of **fruits and vegetables**; fruits, vegetables, legumes and nuts.
- 3 - **Bread and other grain products** (pasta, rice, and whole grains) should be a part of your everyday diet.
- 4 - Foods that have undergone minimal processing, that are **fresh and locally produced** are best.
- 5 - Consume **dairy products on a daily basis**, mainly yogurt and cheese.
- 6 - **Red meat should be consumed in moderation** and if possible as a part of stews and other recipes.
- 7 - Consume **fish abundantly** and **eggs in moderation**.
- 8 - **Fresh fruit should be your everyday dessert** and, sweets, cakes and dairy desserts should be consumed only on occasion.
- 9 - **Water** is the beverage par excellence in the Mediterranean Diet.
- 10 - Be **physically active every day**, since it is just as important as eating well.

2010 edition



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FUNDACIÓN DIETA MEDITERRÁNEA





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## MEDITERRANEAN DIET BENEFITS

### HEALTH

*Mediterranean diet has been associated with positive health outcomes such as:*

- *Significant **reduction in total mortality**, mortality from cardiovascular disease and cancer, and with cancer-risk lowering potential.*
- *Favorable influences on the risk for metabolic syndrome, obesity, type 2 diabetes mellitus, cancer, and neurodegenerative diseases.*
- *Healthy aging.*

HACHEM, VANHAM, MORENO (2020)

### SUSTAINABILITY

*Mediterranean diet leads to a water and carbon footprint reduction because of the low intake of animal products such as meat and milk and the high intake of fruit, vegetables, pulses, nuts and oilcrops.*

FRESÁN, MARTÍNEZ-GONZÁLEZ, SABATÉ, BES-RASTROLLO (2018)

*Other (plant based) diets have an even lower impact, but those would be more difficult to achieve as the change in meat consumption is larger and omnivores are generally unwilling to change their meat consumption. On the other hand, the current adherence to **Mediterranean diet is more extended and making shifts to it is more likely.***

VANHAM, GUENTHER, ROS-BARÓ, BACH-FAIG (2021)

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## PRODUCTS INCLUDED IN THE PROGRAMME

### Fruit and vegetables subprogramme

- Fresh Fruit and vegetables
- Fresh-cut salads
- Gazpacho

### Milk subprogramme

- Drinking milk
- Plain yoghurt
- Curd
- Cheese

*PERMANENT SUPERVISION BY NUTRITION AND HEALTH AUTHORITY : AESAN*

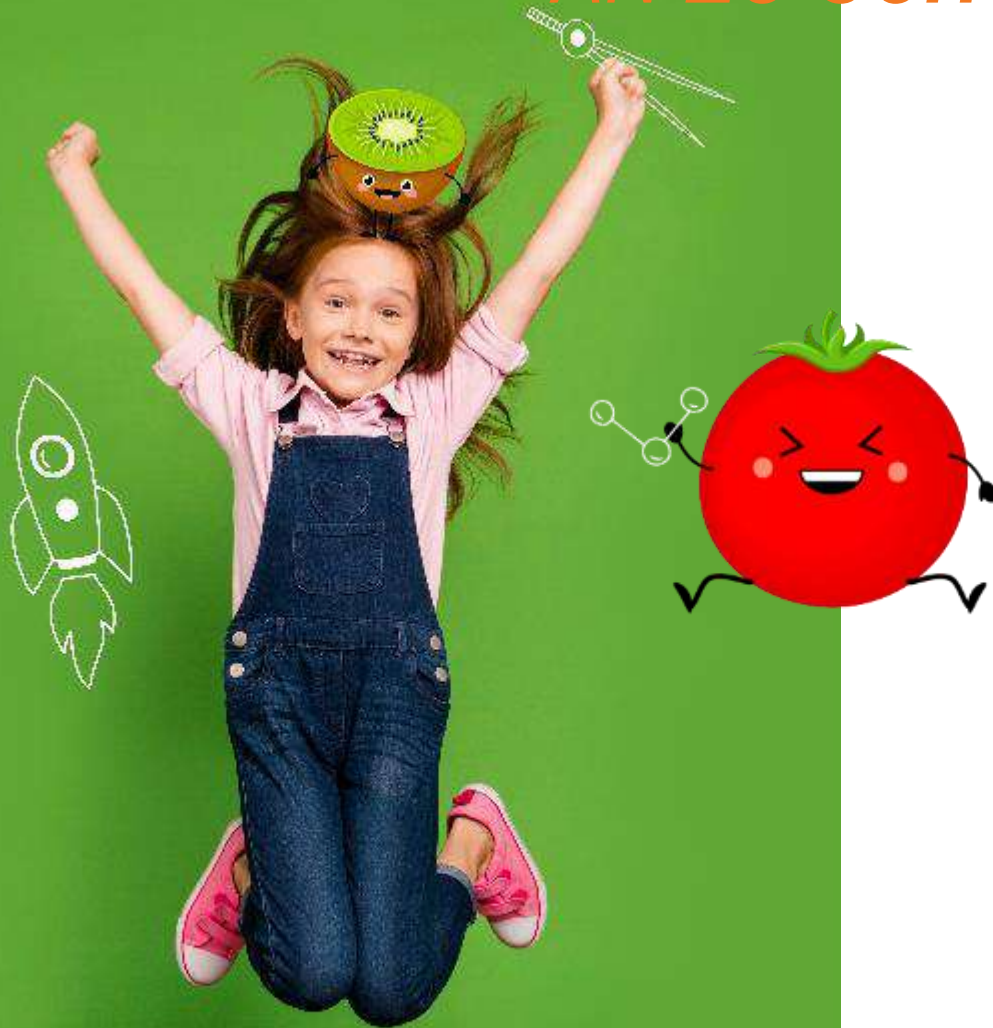
Gazpacho  
example



EVOO  
example



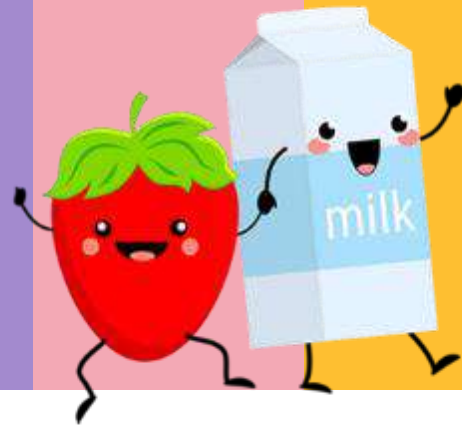
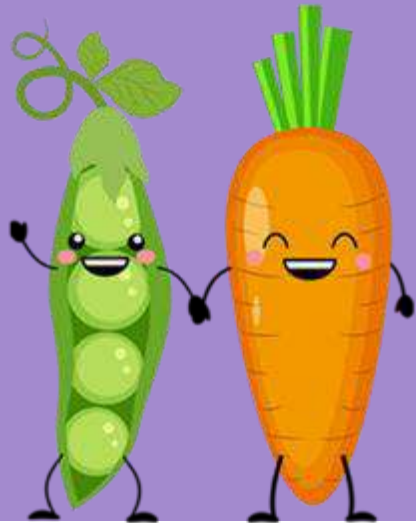
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## IMPROVEMENT PROPOSALS

- **Simplification** of administrative procedures and **earlier definitive fund allocation**
- Reduction of restrictions to **healthy processed products** (always with supervision of health and nutrition authorities)
- Find synergies with **food waste reduction** policies (ugly fruits & vegetables, surplus produce...)

*Thank you !*



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